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Our November / December 2008 Newsletter for Healthy Living

Stress Causes Strokes



Jan McBarron, M.D. is Board Certified and specializes in Preventive and Nutritional Medicine

A stroke is when a portion of the brain dies suddenly. The known contributing factors include smoking, high blood pressure, obesity, diabetes and family history. **Stress** can now be added to the list.

A recent study at the University of Cambridge recognized that a person who reports the greatest **stress** has a 40% increased risk of **stroke** compared to someone with little **stress**. This was published in the medical jour-

nal *Neurology*. The study followed 20,000 people over the course of eight and a half years. The risk of **stroke** grows steadily with the amount of **stress** reported. While typically the risk factors for **stroke** include high blood pressure, high cholesterol, and diabetes, researchers were surprised to see the impact of **stress** in causing a **stroke**.

A **stroke** occurs when a portion of the brain is deprived of oxygen either because of a brain hemorrhage or a blockage caused by blood clot or cholesterol clot. **Stroke** is a leading cause of disability and death. Decreasing the risk factors for **stroke** is important for everyone.

Vita Logic's Stressed Out is an excellent supplement for people under **stress**. It contains the vitamins that are in highest

demand when the body is under **stress**. The B vitamins are important for carbohydrate metabolism as well as the ability to think clearly. When people are under **stress**, these vitamins are rapidly depleted from the body and subsequently people can have difficulty thinking clearly and they also may experience cravings for high-fat/ high-sugar foods. By replacing the vitamins necessary to cope with **stress** that are found in **Vita Logic's Stressed Out**, not only will this help with decreasing cravings as well as clear thinking, it also, according to the above research, will decrease a person's risk of **stroke**.

*Keyword: Surtees

25% OFF
Regular Price

Stressed Out
30, 60 & 90 tablets
Vita Logic



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Antacids Cause Osteoporosis

Many people suffer with heartburn, reflux and GERD and think **antacids** are a safe solution.

New Canadian research shows long term use of prescription **antacids** increases the risk of **osteoporosis** related fractures. This is the third large study to link the use of these drugs to the increased risk of fractures in people who use them. Brand names for these drugs include Aciphex, Nexium, Prevacid, Prilosec, and Protonix. Unfortunately, these drugs are often taken for indefinite periods of time. Researchers evaluated over 15,000 individuals over the age of 50. They found that individuals who use these drugs had a 62% increased risk of hip fracture after 5 years and the risk more than quadrupled after 7 years of use. This study was published in the *Archives of Internal Medicine*. It is important to recognize that stomach acid is important and blocking it through the use of medications can have long-term consequences including **osteoporosis** and fractures.

Vita Logic's Stomach Formula is an excellent solution to controlling heartburn, indigestion, and the problems asso-

ciated with increased stomach acid. **Stomach Formula** contains DGL, deglycyrrhizinated licorice, which helps to reduce stomach acid rather than eliminate it completely. In addition, it contains other nutrients including slippery elm and plantain, which nourishes and helps repair damage to the esophagus and lining of the stomach. **Vita Logic's Stomach Formula** is not associated with any side effects in short term or long-term use. *Keyword: Raise Fracture



Stomach Formula
60 & 120 capsules
Vita Logic

FREE Seminar: Festive Digestion for the Holidays - Nov 20, N Columbus Crossing
See insert for details!

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Flu Virus Wears A Winter Coat

The cold weather is cold and **flu** season. A cold is caused by bacteria while the **flu** is caused by a virus. Antibiotics will only cure certain types of bacteria while there is no drug to cure any virus. In all cases it is ultimately up to the persons immune system to beat any cold or **flu**.

The **flu** is primarily a winter phenomenon. Recent researchers at the National Institute of Health have discovered why the **flu** is much more common in the winter than warmer months. It was discovered that during the cold weather, the **flu** virus actually develops a fatty coat around it to protect it from colder temperatures. When the virus enters the human body, the body heat melts this external coating and the virus is then able to infect the person's cells. Since there is no cure for any virus including the **flu** virus, the best defense against the **flu** is to avoid sugar, avoid stress, exercise, and, according to the CDC, wash hands frequently.

Vita Logic's Cold-C with Echinacea is considered by many a natural antibiotic. It contains vitamin C plus bioflavonoids, which help improve the potency of vitamin C. In addition, it contains two different strains of Echinacea, which according to recent studies in a presti-

gious medical journal, help decrease the frequency, severity, and duration of cold and **flu**. Also, it contains Zinc and Elderberry, which are powerful immune enhancers as well as a natural cough suppressant. Everyone should keep **Cold-C with Echinacea** on hand in a medicine closet, and at the first sign of a cold or **flu**, begin taking it immediately. *Keyword: WCBS



Cold-C
with Echinacea
50 & 100 tablets
Vita Logic

FREE Seminar:
Building Your Natural Medicine Cabinet
November | December
See Insert for Details!

People On Antidepressants Should Not Drive

A recent study challenges whether people who take **antidepressants** should not be permitted to drive. Drugs including Prozac, Paxil, Zoloft and Wellbutrin are **antidepressants** and classified as psychiatric medications and alter brain activity.

Taking prescription **antidepressants** can impair driving ability according to a new study. A study out of the University of North Dakota in Grand Forks looked at the association between patients taking **antidepressants** and their ability to drive. These people were put in computerized simulation driving machines. In other words, they used a computerized version of a car rather than being in traffic in their automobile. It was noted that people taking **antidepressants** had poor concentration and a weakened ability to react to the driving situation. Their scores were markedly worse on driving skills as compared to people not taking **antidepressants**. It was noted that their performance was impaired with regard to braking, steering, paying attention to stop signs, speed limit signs, and traffic lights. The conclusion of this study was that for doctors to realize that individuals who were taking **antidepressants**

should be aware of the fact that these drugs may cause concentration problems and impaired reaction time.

Vita Logic's Mood Formula is a safe, natural supplement that does not impair driving skills or reaction times. **Vita Logic's Mood Formula** is a combination of herbs that, as the name implies, helps a person suffering from mood disturbances. **Vita Logic's Mood Formula** contains sameE, as well as other nutrients that have long been recognized to improve mood. It is doctor recommended and can be taken safely by anyone wishing to feel better. *Keyword: Dannewitz



Mood Formula
60 & 120 capsules
Vita Logic

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Intestinal Disease Goes Undiagnosed

Celiac Disease occurs when people cannot tolerate eating gluten without symptoms. Gluten is found in grains such as wheat, barley and rye. Gluten can be hidden in foods not commonly associated with grains, including candy and soup, making avoidance of gluten almost impossible.

When gluten is eaten, the immune system reacts improperly and damages the lining of the intestine, blocking nutrient absorption. This causes serious vitamin deficiencies, osteoporosis and even intestinal and colon cancer. After eating gluten symptoms include gas, bloating, cramping, pain and diarrhea. Many people don't experience those signs but instead suffer itching, skin rash, anemia, infertility, short stature, delayed puberty and tooth decay.

Diagnosis is difficult and often delayed on average, 11 years. The only solution a medical doctor advises is to avoid gluten foods. As stated earlier, this is impossible.

Digestive enzymes are required to extract nutrients out of the food. There are different enzymes that digest different nutrients specific for carbohydrate, protein and fat. It makes perfect sense for people suffering from **Celiac Disease** or any intestinal problem to take digestive enzymes. It appears that doctors fail to recommend digestive enzymes out of ignorance and the fact they are not prescription medications.

Vita Logic's Digestive Formula is a blend of enzymes critical for proper digestion and absorption. It is natural, free

of side effects and should be taken at meals. It benefits anyone suffering digestion problems as seen in **Celiac Disease**. **Vita Logic's Digestive Formula** is the solution for healthy digestion. *Keyword: Elson



FREE Seminar: Celiac Awareness- Nov 8, Milgen Plaza, Columbus See Insert for Details!



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Gold-C with Echinacea
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Learn How to Build Your Successful Natural Medicine Cabinet

Saturday, 11/5: Auburn, AL (Shoppes at Midtown)
9am CT, RSVP 334-821-7449

Tuesday, 11/16: Snellville, GA (Presidential Commons)
6pm, RSVP 770-982-4989

Thursday, 12/8: Columbus, GA (The Landings)
6pm, RSVP 706-322-3282

Phenix City, AL (Stadium Plaza)
1pm, RSVP 334-480-0264

Tuesday, 12/2: Peachtree City, GA
(Peachtree East Shopping Center)
6pm, RSVP 770-487-8288

FREE SEMINAR

Festive Digestion for the Holidays



Join Doug Williams as he educates customers on how to enjoy our digestive system from beginning to end during the holidays.

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Learn how your body handles food and optimizes the process for health, wealth and love of life.



7:30pm, Thursday, November 20
North Columbus Crossing
RSVP 706-649-3071

Free Seminar Celiac Awareness

Join Registered Dietitian, **Beth Bussey**, and Registered Nurse, **Mona Nelson**, as they educate customers on Celiac Disease. Celiac Disease is an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food. It is triggered by consumption of the protein gluten, which is found in wheat, barley and rye.

Treatment for celiac disease is a well-balanced, gluten-free / wheat-free diet. Shop our delicious selections of:

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11am-12pm, Saturday, November 8
Milgen Plaza, Columbus, GA
RSVP 706-565-9245

Beth Bussey and Mona Nelson represent the Celiac Association in Columbus, GA.



Jamie Stuckert, Manager
The Landings, Columbus, GA

Excellence Personified Times 10

Caring, compassionate, friendly, knowledgeable and dedicated to providing the best customer service possible. These are some of the words used to describe Jamie Stuckert, Store Manager at The Landings, Columbus, GA. She feels Peachtree Natural Foods is not just a job, but a lifestyle. Knowledge is power and that enables her to serve her customers better. Please stop by and congratulate Jamie Stuckert on 10 years of outstanding service.

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